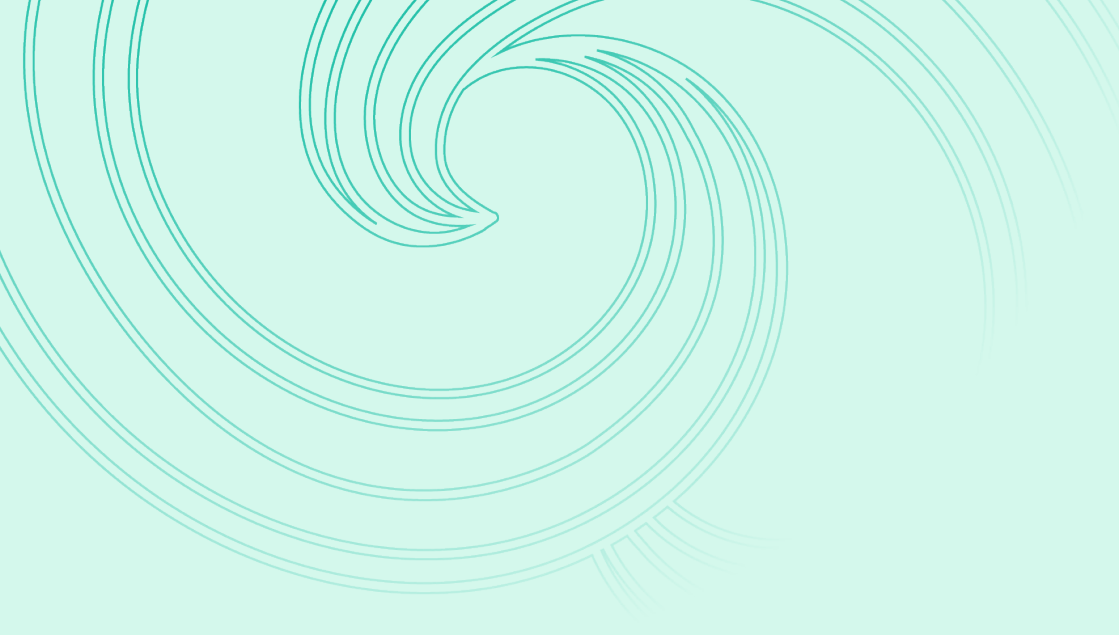


Gagao suka mo e gagao fuaifi (CKD)



A large, stylized teal spiral graphic that starts from the top left and curves around towards the center, filling the upper half of the page.

Ko e heigoa e gahua he tau fua ifi?

Ua e tau fuaifi ke he tino haau. Haia tonu i lalo he tau kahokaho he tau faahi ne ua he hoko tua mo e ki tua he faahi he manava haau. Hā i ai loga e tau hoko toto ikiiki i loto he tau fuaifi haau ke totolo viko ai e toto mo e hakahaka mo e fakameā.

Lagomatai he tau fuaifi ke moua e taofi e tau nutrients mitaki mo e vai ke tumau ke nofo i loto he toto haau, mo e tau vai kua kelea mo e nakai mitaki ke he tino haau moe tau vai kua nakai lata ,kua utakehe ke he tino haau mai he hala fakapala. Ko e tau hokototo kua hakahaka mo e fakameā kua fano viko ke he tino haau ke tumau ke fakagahuahua e tau alaga tino. Mahuiga foki e tau fuaifi haau ke lagomatai e tuaga he toto tokoluga mo e tavili e tau blood cells kula.

Ko e fakagahuahuaaga he tau fuaifi kua uta ni ke he malolō he tau fuaifi. Ka nakai gahuahua mitaki e tau fuaifi, kakano kua fai lekua e tau fuaifi mo e kua nakai malolō ke gahuahua ke tuga e tau fuaifi malolō.



Ko e haofia fēfē e tau fuaifi ha ko e gagao suka?

Ka moua e tagata he gagao suka, kakano kua lahi mahaki e suka he toto haana. Omai he tau vahā, ha ko e tau suka nai to kamata ke mōumou fakahaga e tau hakahaka (filters) i loto he tau fuaifi. Ko e mena ia to:

- 1. Tau poloteine (protein) i loto he fakapala (mimi):**
Mahuiga e poloteine ke he tau tino ha tautolu ti lahi ki loto he toto haau. Ka malona e tau hakahaka (filters) he tau fuaifi, to tutulu atu e poloteine ke he mimi he tagata. Ko e fakamailoga fakamua a nai kua nakai gahuahua mitaki e tau fuaifi.
- 2. Taha higoa he toto tokoluga (BP) ko e hypertension:**
Ka malona e tau hala toto i loto he tau fuaifi, to matolu fakahaga a loto he tau hala toto ia, kakano to nakai lahi e liu i loto he hala toto ke tafe atu e toto. Ko e mena ia to lahi e gahua he atevili ke pamu e toto ke hoko atu ke he tau fuaifi. To malikiti hake e toto tokoluga ha kua gahua lahi pihia e gahua he atevili.
- 3. Pitepite he tau fuaifi:**
To malona mo e moua he gagao fuaifi (CKD).
- 4. End stage kidney disease:**
Omai he tau vahā, ka malona kelea e tau fuaifi, ko e mena ni kua lata ke taute ko e dialysis po ke moua e fuaifi foou. Ka hoko atu ke he tuaga ia, kua fakahigoa ai ko e fakaotiaga he gagao fuaifi.

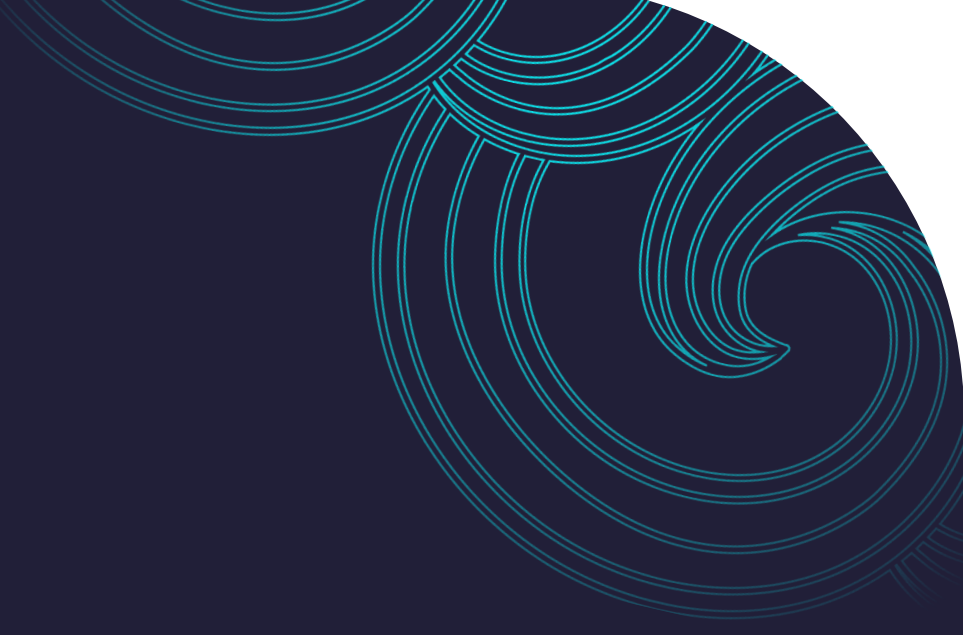
Gagao suka mo e gagao fuaifi:

Ka malona e tau fuaifi mo e hau fakahaga ti nakai maeke ke gahuahua, ko e gagao fuaifi (CKD) a ia. Nakai maeke ke fakamaumau e tau fuaifi kaeke ka malona, ka e fai tauteaga ke ua mafiti lahi e malona ki ai.

Ko e lahi he gagao (CKD) i Aotearoa Niu Silani tupu mai ha ko e gagao suka. Ko lautolu e tau tagata Māori, Pasifika, Initia mo e tau Asia he faahi toga ne moua he gagao suka, ko lautolu ia kua hagahaga kelea e tau tūtūaga mo e liga to moua he gagao CKD.

To maeke ke malona e tau hokohoko toto he uho ulu, tau mata, atevili, tau hui , mo e liga to moua he stroke, pouli e tau mata, gagao e ate, po ke nakai lahi e toto ka hoko atu ke he tau hui ha kua tokoluga e suka he toto ha ko e gagao suka.





Ko e heigoa ka taute ke ua malona e tau fuaifi kaeke ka moua au he gagao suka?

Ka moua a koe he gagao suka, mitaki ka fai tauteaga ke he suka he toto haau ke tumau e gahuahua mitaki he tau hakahaka (filters) i loto he tau fuaifi mo e leveki atu ke ua malona e tau fuaifi.

To taute he ekekafo po ke nosi e tau fakamauaga ke moua tumau e koe e tau tiviaga ke he toto haau ke kitia e tuaga he tau fuaifi mo e tivi e mimi ke kitia e tuaga he poloteine he fakapala/mimi haau.

**Falu a mena ke taute e koe ke tukutuku hifo e
tuaga hagahaga kelea ke he gagao fuaifi:**

✓	Tukutuku hifo ki lalo e toto tokoluga
✓	Kai e tau mena kai mitaki
✓	Otumau ke he mamafa he tino po ke lali ke tukuphifo e mamafa
✓	Fakagahuahua e tino he tau aho oti – fai fano ka e ua nofo tumau
✓	Inu fakalahi e tau vala vai po ke falu vai inu foki
✓	Fakaoti e ula tapaka kaeke ko e tagata ula a koe
✓	Inu e tau tegavai ne foaki atu ke inu e koe

Ke moua e tau fakalaulahiaga, fakamolemole tutala ke
he haau a ekekafo poke nosi poke kumi atu e kupega
hila contact Kidney Health NZ at kidney.health.nz

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Kidney Health
New Zealand [Tākihi Hauora Aotearoa](https://kidney.health.nz)

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kidney.health.nz